



Compassionate Advocates for the Injured and Disabled

The Christie Report

Social Security Disability

January/February 2012

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If you prefer to receive updates from us via email, please send your email address to us at:

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If you wish to be added to or removed from our mailing list, please call: 800-218-7062

Personal Message - from Sharon

Joyful beginnings...

On Saturday, December 3, 2011, our own Pat Misek gained a new title: Mother-in-Law! The weather was perfect for her only son, Brian, to marry his beautiful bride, Sharon. Pat looked gorgeous in her "mother-of-the-groom" dress. If you have ever talked to Pat, you know that she loves a party – and she really loved this party! Pat danced the night away, along with her 87 year old mother, Rita, and Rita's 85 year old sister, Margaret, and Margaret's 87 year old husband, John. A highlight of the party was 88 year old Aunt Regina doing the line dance! As you can see, Pat has longevity in her genes which she attributes to her Irish heritage. Brian and Sharon honeymooned in Jamaica. We wish them all the best in their future together!



Brian & Pat Misek



Mac

And sad goodbyes...

On December 4, 2011, Joe and I had to say goodbye to our beloved Westie, Mac. Mac lived for 17 glorious years! He filled our lives with joy and happiness – and taught us what it means to age with dignity. Although his health declined over the years, Mac kept going – with a wagging tail and a happy "bark" to greet us when we came home. He never lost his love of treats or his love of visitors. Even when his eyesight was gone, he would happily sniff anyone who came to the house and persistently nudge their leg until he got a treat! We really loved him and miss him every day, but are so thankful for our time together.



Thanks for the Referrals

The greatest compliment I can receive is for clients and colleagues to refer new clients. Thank you to everyone who referred clients in November & December.

Stanley Benn

Mary Fink

David Frankton

Ronald Garnett

Mosaic of Timonium

Chris Owens, Esquire

Saiontz & Kirk

Brooke Vaccarino

Lou Weinkam, Jr.

Tom Yost, Esquire

Michael Pulver, Esquire

Margaret Young

Rhonda Young

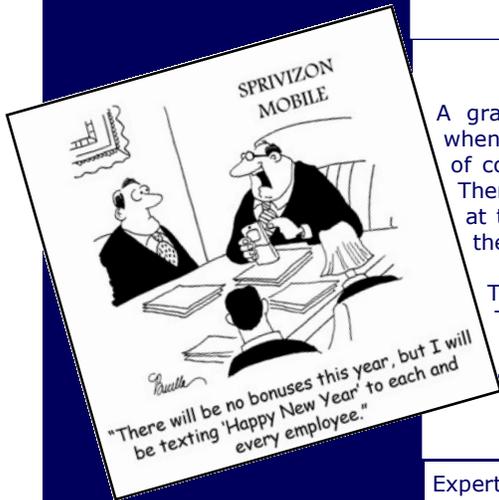
Thomas Newbrough, Jr., Esquire

Weinstock, Friedman & Friedman

Lupus Foundation of America



This is a Leap Year!



Why Does it Take So Long to Get Social Security Disability Benefits—How Can I Speed Up the Process?

I hear this question a lot and I have some theories! For most people this process takes 2 years. Why? First, there is a tremendous backlog of cases. Nationwide there are over 700,000 Social Security disability cases at the hearing level alone – waiting to be scheduled for a hearing. Second, at all levels of the process there is less staff to handle more cases. In some offices new staff has been hired but the training is a slow and, frequently, trial-and-error process.

I also believe that the disability process is intended to “weed out” cases. For some cases this is completely appropriate because the person filing for disability will not meet Social Security’s definition. In other words, the medical evidence does not show that the person is incapable of full time work. For a lot of other cases, however, the person filing for disability will meet the definition but he gives up out of frustration. That should never happen.

There are several things that can move your case along faster. Unfortunately, none of them are good. A foreclosure notice or eviction notice or a “turn off” notice can support a claim of extreme financial hardship. If this has happened to you, be sure to send us a copy of the notice so we can ask for your case to be expedited.

Remember, getting Social Security disability benefits is a marathon, not a sprint.

The Lighter Side

Cup of Joe

A grandmother was surprised one morning when her grandson, age 7, brought her a cup of coffee. It tasted awful, but she drank it. Then, she saw three little green army men at the bottom and asked why he put them there.

The grandson said, "Grandma! It says on TV that, "The best part of waking up is soldiers in your cup!"

New Years' Resolutions

- 2007:** I will get my weight down below 180 lbs
- 2008:** I will follow my new diet religiously until I get below 200 lbs.
- 2009:** I will develop a realistic attitude about my weight.
- 2010:** I will work out 3 days a week.
- 2011:** I will try to drive past a gym at least once a week.

Sitting Can Make You Sick

Experts have long known that risk of heart disease, diabetes and obesity. New research by the American Institute for Cancer Research indicates that long periods of sitting may be responsible for 90,000 new cancer cases each year in the United States.

Their study indicates that about 49,000 cases of breast cancer and 43,000 cases of colon cancer could have been avoided if people got up and walked around occasionally.

Ideally, brisk 30-minute walks would lower these risks over time. But even among individuals who were regularly

active, the risk of dying prematurely was higher among those who spent a great deal of time sitting.

People should avoid prolonged sitting without moving. They need to get out of the easy chair and take breaks. Try to do this at least once each hour.



Feb. 14th

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

~ Helen Keller

Olympic Event

1	2	3	4		5	6	7	
8					9			10
11					12			
	13			14				
			15					
16	17	18				19	20	
21					22			23
24					25			
	26				27			

Across

- 1. Finish line?
- 5. Jewel
- 8. Baseball stats
- 9. And others, for short
- 11. Flock member
- 12. Yellowfin or ahi
- 13. Cooking slowly
- 15. "Harper Valley ___"
- 16. Pâtisserie
- 21. One way to run
- 22. Building additions
- 24. Strike out
- 25. Balm ingredient
- 26. Aye's opposite
- 27. Sunrise

Down

- 1. ___ el Amarna, Egypt
- 2. Saudi, e.g.
- 3. Au __, live-in
- 4. Near F1
- 5. Advances
- 6. Small handbag
- 7. Educator Horace
- 10. Hang back
- 14. "___ show time!"
- 16. Not good
- 17. "You can say that again!"
- 18. Kind of nut
- 19. Earthen pot
- 20. Farm equipment
- 23. D.C. bigwig



FREE Seminars

- Social Security Disability -

Sessions Each Month!
See website for days, times, and locations

Baltimore Events

Divided Voices: MD in the Civil War

Now thru 4/2015 | All day
201 W. Monument St.
410-685-3750

The impact of the war on the people of MD is being told in personal terms. On week-ends, short vignettes are performed by actors. FREE on the 1st Thursday of each month. \$6 adults/\$5 seniors at other times

Family Sundays at the BMA!

FREE

All year | 2—5pm
Baltimore Museum of Art
10 Art Museum Dr.
Activities the entire family will enjoy!
443-573-1700

Maryland Performing Arts Institute Student Recitals

FREE

Jan. 14 & 15 | Call for times
Towson University,
Center for the Arts Recital Hall
8000 York Rd, Towson, MD 21252
410-704-2787

Baltimore Restaurant Week

Jan. 20—29
Participating restaurants will offer three-course dinner menus for \$20.12 or #30.12. Some two-course lunch menus will be offered for \$15.12.
www.baltimorerestaurantweek.com



January: National Eye Care Month

Early AMD (Age Related Macular Degeneration) can be seen many years before vision is affected. Doctors may recommend vitamins C, A and E, or lutein, to slow or prevent AMD.

Presbyopia: the slow loss of ability to see close objects or small print, usually beginning at about age 40. A correct eyeglass prescription is important at this point.

Floater: tiny spots that float across our field of vision. Although they aren't usually a sign of trouble, in rare cases they can be a warning sign of retinal detachment.

Dry eyes: occur when our tear glands don't make enough tears; can cause itching, burning, or some loss of vision. Eye drops may help, but an exam may reveal Sjogren's Syndrome, an autoimmune disease that has white blood cells attacking mois-

ture-producing glands. Four million Americans have it.

Cataracts: cloudy areas in part or all of the eye lens that keep light from passing through the lens, causing loss of eyesight. They form slowly and can usually be removed by surgery.

Glaucoma: too much fluid pressure inside the eye. The cause is unknown, but it can often be controlled and blindness prevented. There are no early warning signs.

Conjunctivitis: occurs when tissues that line the eyelids and cover the cornea become inflamed, causing itching, burning, tearing, or a feeling of something in the eye.

Vision checks often cost less than \$40 and may be covered by insurance. **Clinics might provide free checkups in January.**

